GEEK CHEEK

LONDON RETAILER RETURNING TO DUNDAS STREET WITH AN UBER COOL STORE PAGE 4

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HAIL TO THE KINGS OF LONDON

Drew Doughty of the Los Angeles Kings hoists the Stanley Cup after the Kings defeated the New Jersey Devils, 6-1, on Monday to win the championship in Game 6 of the NHL final in Los Angeles. London natives Doughty and Jeff Carter were named the game's second and third stars, respectively. As is tradition, all players on the winning team get a day with the trophy, so Londoners may get to spend some time with the cup this summer. More coverage, page 21. BRUCE BENNETT/GETTY IMAGES

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OHL draft

Knights close to signing key picks

As franchises across the OHL continue to sign players in their pipeline, the London Knights are slowly catching up after their Memorial Cup run.

The defending league champions have yet to ink a single player of the 16 they selected in April's draft.

That may change over the next couple days, however, with the squad confirming Monday that they have mailed a "few" offers.

"We haven't signed anyone officially yet," said Knights assistant general manager and coach Misha Donskov.

Liam Herbst, Michael Houser's likely successor in the crease, and forward Alex Broadhurst, a Chicago Blackhawks draft choice, are two players who have been approached with a contract.

Herbst, a 16-year-old Mississauga native, was the first goaltender taken in the 2012 draft at 22nd overall.

By scoring the United States Hockey League's first short-handed hat-trick on April 25 — in the playoffs, no less — Broadhurst, 19, cemented beliefs that he has OHL star potential.

Donskov said management has also been busy with a number of other off-season duties.

Among them is the upcoming CHL import draft, in which the Knights hold the 58th pick.

Perhaps the most important choice, though — which Hunter brother will take on the head coaching responsibilities next season — is still up in the air. Donskov said there has been no definitive decision made yet. JOHN MATISZ/METRO

ReThinking London

Londoners John Manness, left, 69, and brother David Manness, 67, were two of about 200 who took in the ReThink London event Monday night at the London Convention Centre (300 York St.). Six conference rooms labelled by topic — Grow, Move, Prosper, Green, Live — highlighted the second ReThink London gathering, which was named "Discover Your City." On May 3, the City of London-led organization held its official launch event, which included a keynote speech from CBC's Peter Mansbridge and attracted over 1,000 people. The next civic-engagement meeting, scheduled for June 23, is entitled "Your Vision, Your Future." JOHN MATISZ/METRO

Seal's health failing

Cri-Cri. Marine mammal under round-the-clock care in Indianapolis

ANGELA MULLINS
angela.mullins@metronews.ca

The prognosis is "grave" for a sick Storybook Gardens seal being cared for at the Indianapolis Zoo, officials said Monday.

Cri-Cri is being treated for severe exertional myopathy, a form of muscle-tissue damage brought on by physiological changes.

If she survives, the harbour seal, which marked its 19th birthday on Sunday, is likely to have permanent kidney damage, said Karen Burns, the zoo's senior vice-president for external relations.

"Our vets have extensive marine-mammal experience, and we are doing everything in our power to care for her," Burns said, calling Cri-Cri a "fighter."

"She is receiving and has been receiving 24-hour care.... But this is a tough, tough condition."

No new details have been released about the Friday deaths of Nunavut, 12, and Atlantis, 11. The seals died and Cri-Cri got sick after leaving Storybook for their new home at the St. Louis Zoo.

The fourth seal — Peanut, 19 — made it safely to St. Louis.

Officials from the zoo have provided a detailed account of the seals' journey but said the causes of death won't be known until necropsy results are available in several weeks.

The seals, travelling on an air-conditioned truck and being monitored by a St. Louis curator, seemed fine when checked at the U.S. border at about 2 p.m. Friday.

When they were checked at 4 p.m., Nunavut was non-responsive and the truck was diverted to the Fort Wayne Children's Zoo in Indiana.

There, Nunavut was pronounced dead. Cri-Cri appeared lethargic and she, along with the others, were unloaded from the truck and cooled with water from hoses.

Cri-Cri received oxygen and fluid injections.

As Cri-Cri began to stabilize, Atlantis's condition declined and she died at about 8 p.m.

Fort Wayne's vet OK'd Cri-Cri for travel at 5 a.m. Saturday and she, along with Peanut, were loaded back on the truck.

By 6 a.m., Cri-Cri had again gone downhill and the truck stopped in Indianapolis. Transport of Peanut continued to Missouri.

Follow Angela Mullins on Twitter @MetroAngela

On the move

Diagnosis raises questions

Word that Cri-Cri is being treated for exertional myopathy raises just as many questions as it answers, some said Monday.

The disease typically is brought on by extreme exertion, a struggle or stress, according to experts at the University of Northern British Columbia. But Storybook's seals were accustomed to being handled and appeared fine after being removed from their tank Friday morning, said London's Florrine Morrison, a director with Zoocheck Canada.

Three other Storybook seals were moved about a year ago to New Brunswick — a much longer journey — without problems, she noted. ANGELA MULLINS/METRO

Vandalism. Theft hits London volunteers

Volunteers from a nature-conservation group were rewarded for their hard efforts Sunday with smashed windows and theft.

About 15 members of the Thames Talbot Land Trust were working in the Meadowlilly Nature Preserve when someone broke into their cars, stealing money and electronics, said Linda McDougall, the group's vice-president.

Volunteers parked their cars near the preserve's entrance — just east of Commissioners Road and Highbury Avenue — at about 10 a.m., trekking inside to remove invasive species and do cleanup work, McDougall said. At about noon, someone came to tell them about the thefts.

Volunteers have contacted police and were getting damage estimates on Monday.

Along with having a car window smashed, volunteer Carolyn McDonald had cash taken from her purse and a cellphone stolen.

ANGELA MULLINS/METRO

Quoted

"It hurts. We're out doing a good deed and then you come out and you've been victimized."
Linda McDougall

London Food Bank

Curbside drive numbers add up

As of Monday afternoon, Londoners had donated 15,600 pounds of food to this year's Curbside Food Drive, which started Friday. METRO

Lakeshore, Ont.

School grieves for young sisters

Grief counsellors were at a southwestern Ontario school Monday after a young student and her sister were killed in a van that was hit by a train. THE CANADIAN PRESS

ServiceOntario. Kiosks still shut after tampering

All ServiceOntario kiosks are still out of commission after card-skimming devices were found on four machines in the Greater Toronto Area.

The illegal card readers are used to steal the credit- and debit-card information from customers who use the kiosks to renew their licence-plate stickers.

It's still not known how many people may have had their information stolen from the ServiceOntario kiosks.

Government Services Minister Harinder Takhar says the self-serve machines are still being examined to make sure only four were affected.

He says the government is working with the manufacturer of the kiosks to see if they can find a way to prevent the use of skimming devices in the future.

Takhar suggests the province will eventually phase out all of the self-serve kiosks. THE CANADIAN PRESS

Provincewide

72

The number of ServiceOntario kiosks in the province.

1 NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Remains of the drone

A U.S. naval drone aircraft crashed on Maryland's Eastern Shore on Monday without injuries or property damage on the ground, officials said. Go to metronews.ca to see the remains of the 13.4-metre plane after its routine training flight ended in disaster.

Mobile news

It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

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'Geeky goodness' returns downtown

Comeback. After a half-year hiatus thanks to the Met's closing, the Uber Cool Stuff store has found a brand new home

Chris McInnis's quirky Uber Cool Stuff is returning to downtown London. CONTRIBUTED/DAVID REDDING

JOHN MATISZ
john.matisz@metronews.ca

When the Met closed its doors for good in December, vendor Chris McInnis refused to hang his head in sorrow.

Instead, the 42-year-old marketing/communications professional gathered his thoughts and redirected his vision.

Now, six months later, he has announced the reopening of a popular Met attraction, the Uber Cool Stuff store.

"It's something I think London needs," McInnis said of his gift store aimed at providing products of "geeky goodness."

At 122 Dundas St., as of Aug. 4, Uber Cool Stuff will be a part of the Forest City's downtown fabric once again.

Oddities of all kinds, including rare comic books, unique video-game art, novelty mugs and hard-to-find spin toys, will be available. Uber Cool Stuff intends on attracting a niche market consisting of local collectable and art-piece buyers, McInnis says.

The logic behind the comeback is illustrated in a simple manner on the company's website (UberCoolStuff.com), with McInnis stating the return is happening "because life is short, and this is something I've always wanted to do. Also, the world is full of cool stuff."

A common denominator in the store's inventory list will always be that it's all "stuff that makes people smile," McInnis adds.

The idea sprung from spending hours on the Internet searching for items that piqued his interest, objects that blended his two loves: Art and toys. McInnis felt the London community required a tangible store to walk into and explore.

"I think when it's open full-time, it'll be gangbusters. I can't wait to introduce a complete store to everyone," he added, noting the old shop was only open on weekends and half the size of the new location.

Uber Cool is back in town

- **Official reopening:** Aug. 4 (sales TBA)
- **New location:** 122 Dundas St.
- **Weekly hours:** Tuesday-Sunday, 10:30 a.m.-6:30 p.m.

Follow John Matisz on Twitter @Metro_JMatisz

A good foundation for the figure-skating worlds

Thames Secondary School construction students Eric, 16, left, and Evan, 18, both of London, pour the makings of a concrete base Monday in a flower bed outside the Crouch Branch Library (550 Hamilton Rd.). The base — and several others like them along Hamilton Road — will soon play host to carved tree trunks being installed to mark the 2013 World Figure Skating Championships at the John Labatt Centre. The project is a joint initiative between Tourism London and the Hamilton Road Business Association. School rules prevent the students' last names from being published. ANGELA MULLINS/METRO

Decibel limit at issue

Council to decide on noise meeting

City councillors are expected to decide Tuesday if people will have a say in changing rules about how loud outdoor concerts can be before facing sanctions.

A council committee and city staff have recommended having a June 19 public meeting. METRO

Ongoing investigation

Guelph man charged in child-porn case

As a result of an investigation involving London, Toronto and Guelph police, a 40-year-old man has been charged with numerous child-pornography offences.

William John Sempie of Guelph was arrested June 8 after a search warrant was executed at his residence. METRO

Woman suffers cut

Police seek info on dog bite

London police are seeking public help in locating a dog and its owner after the animal bit a woman on the hip, causing a minor cut.

The incident occurred around Hamilton Road near William Street on Sunday at 3:45 p.m. The dog is described as an older, overweight Rottweiler. METRO

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Toronto shooting

Mall gun victim, 13, now out of hospital

The 13-year-old boy who was hit in the head by gunshots fired at Toronto's downtown Eaton Centre has been released from hospital. He was visiting the popular mall's food court with his family when the shooting broke out on June 2. THE CANADIAN PRESS

Leaders alarmed

Israel to deport thousands of illegal African migrants

Israeli authorities detained dozens of African migrants in predawn raids early Monday, in the first major step toward what leaders say will be the deportation of 4,500 people who have entered the country illegally.

The arrests were the harshest move yet against migrants, reflecting growing concern about the effect on Israel of tens of thousands of Africans who have sneaked into the country across the porous Egyptian border in recent years.

Israeli leaders have grown increasingly alarmed by the influx, calling it a burden and threat to the country's Jewish character. THE ASSOCIATED PRESS

Guilty plea

B.C. hockey rioter gets time in prison

A one-month jail sentence has been handed to a 20-year-old Surrey, B.C., man for his role in the Stanley Cup riot a year ago. Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service. THE CANADIAN PRESS

Intense partisanship

Republican party not like it used to be: Jeb Bush

Respected Republican Jeb Bush suggested Monday that neither adored conservative icon Ronald Reagan nor his own father, George H.W. Bush, would have enjoyed much success in today's ultra-conservative, intensely partisan Republican party.

"They got a lot of things done with bipartisan support, but right now it's just difficult to imagine," Bush, brother of the 43rd U.S. president and son of the 41st, said in a discussion with reporters held by Bloomberg View in Manhattan. Bush, a moderate believed to be eyeing a run for president in 2016, called the partisanship disturbing, but added he thinks it's "temporary." THE CANADIAN PRESS

Little hope for quake victims in Afghanistan

Mountain village. Between 25 and 30 houses disappeared in landslide

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday, officials said.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid. The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through the buried buildings, said Jawed Basharat, a spokesman for the provincial police chief who was part of a team that examined the village after the slide. There were no visible signs of the buildings underneath.

"We need bulldozers or other machinery to remove all this earth and get the bodies out, or the survivors," Basharat said. THE ASSOCIATED PRESS

5.7 magnitude

"The ambulances were there, but there was no one to put in the ambulances."

Jawed Basharat, police spokesman.
A team of rescue workers and medics found on arrival that they could be of little use.

U.S. accuses Syrian government of 'new horrific tactics'

This image, released by Sham News Network, purports to show anti-regime mourners last Saturday in Daraa, Syria, raising their hands as they carry the coffins of citizens killed by their own government's troops. On Monday, the United States accused the Syrian government of using "new horrific tactics," as UN observers reported Syrian helicopters were firing on rebellious areas and concerns mounted that civilians were trapped in besieged cities. Violence in Syria has spiked in recent weeks, as both sides ignore an internationally brokered ceasefire that never took hold. THIS CITIZEN JOURNALIST IMAGE/THE ASSOCIATED PRESS

Dad forgets kid in a British pub. Luckily, he's the PM

Prime Minister David Cameron and his wife got home from lunch about two months ago with friends at a pub in the English countryside to discover they forgot something: Eight-year-old daughter Nancy.

Nancy was fine — she was quickly reunited with her parents after they realized she was missing, but Cameron's parenting skills took a drubbing as news of the incident broke Monday. THE ASSOCIATED PRESS

Ottawa. Teen girls charged with trafficking, abduction

Ottawa police have charged two 15-year-old girls with human trafficking for the alleged forced prostitution of three other teenage girls — a case investigators believe is unprecedented.

The two teens are also charged with sexual assault, forcible confinement, assault, uttering threats and abduction. Officers are also looking for a third suspect, a 17-year-old girl. JESSICA SMITH/METRO IN OTTAWA

Call for inquiry. Montreal students say they may sue

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering details from recent weeks for a potential lawsuit. THE CANADIAN PRESS

Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release. The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

CEO Tim Cook kicks off Apple's conference in San Francisco Monday.
PAUL SAKUMA/THE ASSOCIATED PRESS

Technology

Apple integrates Facebook into iPhone software

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones.

Users will also be able to "like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. IOS 6 will use Apple's own Maps applications rather than Google's.

The application will come with traffic reports and turn-by-turn navigation.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.97¢ US (-0.4¢)

TSX 11,401.78 (-98.85)

OIL $82.70 US (-$1.40)

GOLD $1,596.80 US ($5.40)

Natural gas: $2.218 US (-8.1¢)
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THERE'S NO DEFENCE FOR DIGITAL SNOOPING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek through the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

"While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is."

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: Suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Look and you shall find. GETTY IMAGES

Unearthing China's past

THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that laid buried for centuries. THE ASSOCIATED PRESS

Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

Metropolitan Panel

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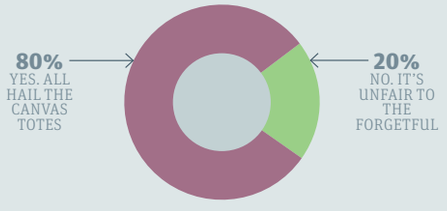
Should cities ban plastic bags?



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@WstrnOCHousing: Lock ur windows & doors when leaving property or going to bed. Break-in reported on Richmond St. Contact us for safety tips!

@CoventMarket: Does anyone have pictures from yesterday's Fiesta London that they'd like to share? We'd love to see them :) #LdnOnt

@CitizenCorpsLDN: Don't forget: Pints & Politics is this Wednesday 6pm @morris-seyhouse - a non-partisan chat about the state of our city. All welcome! #ldnont

@tracygutmanis: your neighbourhood smelling like cornflakes all the time is not as appealing as one might think. #ldnont

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DVD reviews

Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise has hope.

PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wieckiewicz, Benno Furmann

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wieckiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.

PETER HOWELL

Adam Sandler and Andy Samberg star in That's My Boy, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR
Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, That's My Boy, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama Funny People and last year's dismal Jack and Jill — have grossed less than $100 million at the U.S. box office, and worldwide his movies have pulled in $3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated That's My Boy was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the Hangover and Bridesmaids. For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if That's My Boy performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

2 SCENE

Scene in brief

Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located.

THE ASSOCIATED PRESS

On the web

A moody Mad Men season finale with Don Draper, a man who has it all, except contentment

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Casting

Finding the young leads

After auditioning thousands of children, Wes Anderson discovered two unknowns, Kara Hayward and Jared Gilman. Jared, he says, won the role because, "he made me laugh the way he looked but it was the combination of his appearance and his interview with the casting director that really entertained me and charmed me."

Kara impressed with her reading of the scene. "It sounded to me as if she was inventing the lines spontaneously right there."

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Wes Anderson serves up a slice of Americana pie

Moonrise Kingdom. Director found his inspiration for a youthful romance in a little-known film from England

RICHARD CROUSE
scene@metronews.ca

Moonrise Kingdom opens Friday. HANDOUT

Wes Anderson's new movie is a slice of Americana. Moonrise Kingdom, which opened the Cannes film festival this year, is chock-a-block with Norman Rockwell-isms about small town life.

So it is interesting that the films that helped inspire his story of 12-year-old paramours Suzy and Sam would have all been classified as world cinema.

On the line from London the director calls François Truffaut's Small Change, the story of kids growing up in a French provincial town, as "a great movie and a favourite of mine, and the movie that led me to start thinking about doing something with children as the leads."

He also cites a little-known English movie set in 1750 as a key film while he was "working on the script, looking for inspirations to help propel a story about a romance between characters of this age."

"I had never heard of the great Ken Loach film called Black Jack," he says.

"I was just in a video store in London and I saw the very beautiful cover. I didn't really know Ken Loach's work that well.

"I read the description and I absolutely loved the movie. Black Jack really made a huge impression on me, and inspired some things in the movie."

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Summer-skin guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA McGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- **You never or rarely tan and always burn.** Skin type 1
- **You often tan and rarely burn.** Skin type 2-3
- **You always tan and very rarely burn.** Skin type 4

TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.
You have: blonde or red hair and light eyes.
Reaction to sun exposure: you never tan.
Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.

TYPE 2: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.
You have: brown to dark brown hair with blue, green, hazel or brown eyes.
Reaction to sun exposure: you often tan but occasionally burn.
Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.

TYPE 3: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.
You have: dark brown to black hair and brown, blue or green eyes.
Reaction to sun exposure: you tan well and rarely burn.
Sensitivity: you're sensitive to peels.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure: before noon and after 4 p.m.**

TYPE 4: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.
You have: black hair and dark brown eyes.
Reaction to sun exposure: you tan very easily and have a very small chance of burning. Sensitivity: you are highly sensitive to facial treatments, but not the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low
- **Best time for sun exposure avoid the hours from noon till four**

Best Health

Stretch before you garden

When you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. In fact, you can burn 300 calories an hour gardening. In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:
– Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
– Once you start gardening, change positions at least every 15 minutes.
– Use a kneeling pad to reduce stress on your knees.
– Use a wheelbarrow to carry heavy bags such as soil.
– Always wear sunscreen and a wide-brimmed hat.
– Keep a bottle of water handy to stay hydrated.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Thoughts on

Kindness

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world. Whether you are giving or receiving, it is a gift to all involved. Kindness is in our nature; practice giving and receiving it freely.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE.

3 LIFE

Picks of the week

Summer skin pick

Kiehl's ÁÇAÍ Damage-Repairing Serum: Enriched with anti oxidant açaí berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.

ROMINA MCGUINNESS

50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.

METRO

On the Web

Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

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YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of The Mother of All books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE … FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for example. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

– Astrid Van Den Broek

WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of The Mother of All books series.

So here are her top tips on what you will really need once your baby comes home.

• Change station: This could be a change table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.
• Newborn and Size 1 diapers and wipes.
• Comfortable nursing chair with foot support.
• Bassinet, playpen or crib.
• Dresser for baby's clothes
• Baby clothes. (For the early months, Onesies and sleepers will do.)
• Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."

THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting … and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of The Mother of All books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move … yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

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TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT

But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than 80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.

KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone, or LH. This happens in the 24 to 36 hours before ovulation.
- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

Note: *If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.*

INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

**More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.*

KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!**

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- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.

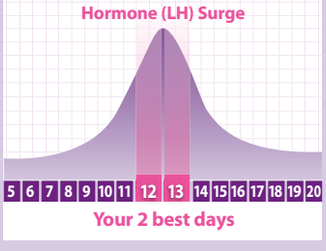
***Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.*

Every woman is unique.
FIRST RESPONSE® Ovulation Test understands that.

FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.[1]

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.



How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

1 Data on file, Church & Dwight Co., Princeton, NJ 2011

2 Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

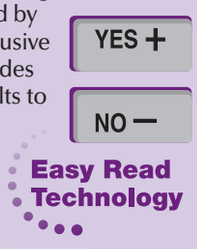
FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.[1]

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.[2]



For your best chance to conceive, trust the test designed for you.

1stresponse.ca/ovulation

25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.

2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.

3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.

4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.

5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.

6 Open windows at night to let cooler outside air in.

7 Plant deciduous shade trees on the southern and western sides of the house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.

9 Immerse yourself — in a public pool or a lake.

10 Run through a sprinkler with your kids.

11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.

12 Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

13 Wear loose fitting, light-coloured clothing.

14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.

CAMERON SPENCER/PHOTODISC/THINKSTOCK

15 Wear long hair up and off your neck.

REFRESH YOURSELF

16 Keep mist toner spray in the fridge and spritz your face!

17 Hagan suggests that you put rolled up, dampened hand towels in the fridge — to cool down, wipe your face with one or put it around the base of your neck.

18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

20 Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

23 Always drink lots of water and other liquids, says Berkoff.

24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

– Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2® STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5–10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE

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What Kambie lacks in decor it makes up for in delicious cuisine

LUNCH RUSH
Paul Mitchell
life@metronews.ca

After hearing good things about the Cantonese and Szechuan fare at Kambie, I reserve my place. Though not without faults, the food makes up for its less than fancy surroundings.

An unremarkable building houses a decor that is stark and uninspired. Small with few furnishings aside from a few tables and a fish tank, I anticipate the emphasis has been saved for the cuisine.

The streamlined menu is a welcoming sign. I start with an Egg Roll ($2) and a gorgeous Wonton Soup ($3.50) that is as tasty as it looks.

Challenging myself to Szechuan heat, I order Beef Lo Mein ($9). My modestly-sized plate arrives heaping with beef and vegetables straight from the wok. Thin noodles are bathed in a spicy honey glaze. The dish has heat balanced by sweet ginger and garlic.

Beef Tenderloin ($9.50) is also recommended.

For occasions that don't require a stylish atmosphere, Kambie offers traditional flavours without fuss.

Visiting the restaurant

Kambie Chinese Restaurant

Address. 375 Horton St. E.

Phone. 519-434-8787

Rating. 4/5

Price range. $6.95 - $12.95

Client negotiations. No

Social lunch. Yes

Quick solo lunch. Yes

Wonton Soup. PAUL MITCHELL

Breakfast Pie for dinner.
Try this savoury pie for the ultimate comfort meal

1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

CRASH COURSE

IT'S NOT TOO LATE TO FIND A SUMMER JOB

The arrival of June may bring a sense of panic in university students still without a summer job, but it's not too late to land a post that will pay the bills and possibly even kick-start your career.

John Horn, associate director of career development at the University of British Columbia, spoke to Metro after leading a "crash course on careers" workshop to help students get a summer job.

Robert Zed

"There are still opportunities out there," he says, noting that July and August traditionally see a spike in summer job postings.

He says the first step is to get your resumé and cover letters polished. Second, visit your student services centre, employment centres and online job boards, and start applying.

Holm says there are two main categories of summer job: Those that pay the bills; and those that start your career. For the former, look at something you would actually enjoy, say working outside or in a location you like, while for the latter focus on positions that can develop career skills.

"Know the purpose of your summer work. Really think about the core skills and competencies that employers look for when they hire summer students — and their next vice-president," he says.

Don't despair if your job search comes up empty. Some of the most successful people in Canada struck out on summer jobs and then created their own. Holm says he recently spoke to a former student who started a house-washing business one summer. "He turned it into a medium-sized business in Vancouver."

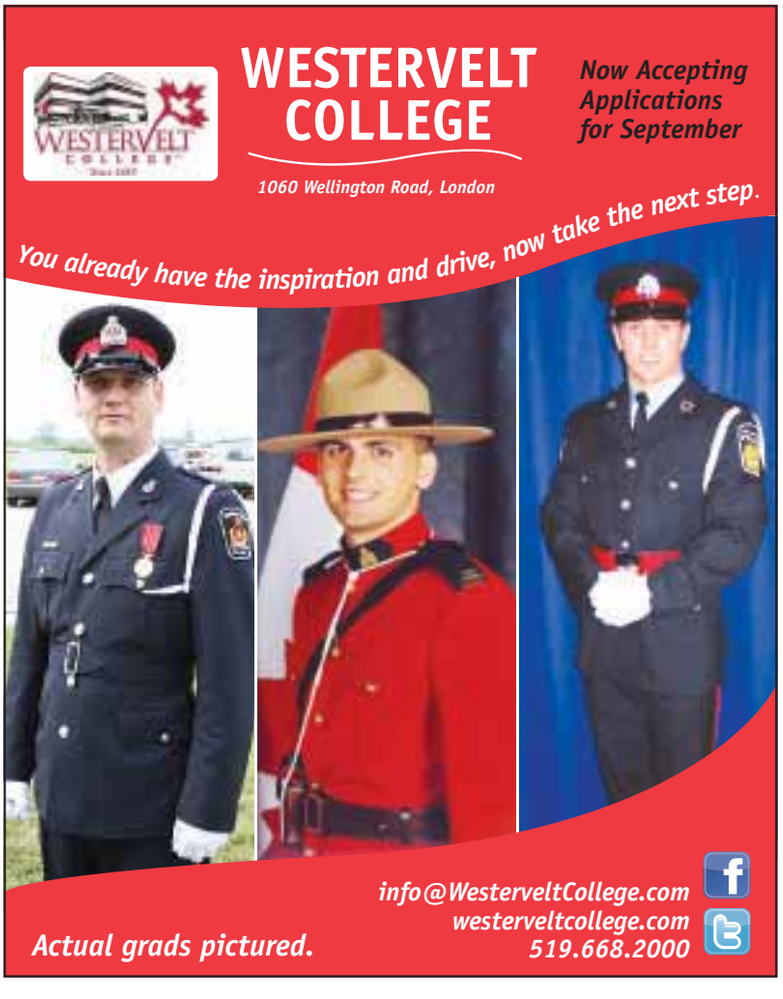
Holm admits he rarely sees true-blood entrepreneurs, as they tend to go it alone, but he says it's worth stopping by student services. They can help you find grants and partners to start your own summer business.

For example, Robert Zed's first summer job was a miserable affair that saw him cleaning up cigarette butts in Saint John, N.B. He learned how to get government grants to start summer businesses and created a program to help senior citizens. He soon had 10 students working for him and embarked on an entrepreneurial career that has turned into the highly successful Zed Events in Halifax.

ISTOCKPHOTO/THINKSTOCK

Ontario student Grieg Clark started painting houses in the summer of 1971. His business grew into College Pro Painters, which has hundreds of franchises across North America and millions of dollars in sales.

– Jon Tattrie



ADVERTISING FEATURE

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Recruiters desire Westervelt's style of training where you will wear a uniform and adhere to the discipline required of a police officer. Rigorous training includes criminal law, criminology, evidence, search and seizure, provincial offences, physical fitness, defensive tactics, and scenario training.

The college is hosting a fitness and defensive tactics demonstration June 26 from 1-3 p.m. RSVP at 519-668-2000.

Westervelt College is now accepting applications for September.

Westervelt graduate Andrew Jaconelli, Chatham-Kent Police Service.

WESTERVELT COLLEGE PHOTO

EXPLORE A NEW DESTINATION

TAKE A BREAK FROM YOUR SUMMER JOB

Students know that a long summer break can quickly vanish in a haze of a summer job, but it's important to sneak in a few getaways to refresh yourself.

Colleen Friesen is a B.C.-based travel writer who knows how to get the most out of your travel dollar. Reached in France, where she is exploring for her Traveling Light blog at Colleenfriesen.com, she shared some of her favourite affordable Western Canada destinations.

ISTOCKPHOTO/THINKSTOCK

Top of her list is cycling the Icefields Parkway between Banff and Jasper in Alberta. The 232-kilometre journey takes you through the heart of the Rocky Mountains, passing lakes, glaciers and stunning valleys. Friesen says while she cycled, most people drive.

"We had people come up and congratulate us, exclaim over how amazing we were and to ask for more photos while we stood in the parking lot in the howling wind. It really was quite funny," she recalls.

Her next suggestion is kayaking and camping in the Sechelt Inlet off the B.C. coast. The inlet has several marine-access only parks with few visitors.

"There were masses of jellyfish in the water, colonies of sea stars glowing purple against the brilliant green algae and seals checking us out from every angle," she says. "We watched moon rises and sun rises and slept like the dead in between."

If you have a few days, book yourself into a city hostel and explore a new destination. Friesen is fond of Victoria, B.C. The pretty provincial capital offers urban charms of comfy coffee shops, bakeries and cultural experiences like the dinosaur exhibit at the Royal BC Museum.

Stacey Thorson, director of operations at Discover Canada Tours, says many students opt for a package trip. All of theirs start in Vancouver and the most popular ones are to the Rocky Mountains, Whistler, Vancouver Island for surfing, and Victoria or Seattle for shopping and sightseeing.

ALLAN DANAHAR/PHOTODISC/THINKSTOCK

The advantage for budget-conscious students is the website price includes accommodation, food and transportation, so you know exactly what you will have to spend. The basic trips are cheap and cheerful, but you have the option to upgrade and pay for extra side excursions.

"Our tour guides are amazing," Thorson says. "Even the tips are included. Once they're on the tour, they're not expected to pay any extra."

– Jon Tattrie

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Uncle Sam wants you (and your tax)

It's that time again. Many Americans in Canada don't even realize they are required to file taxes in the country of their birth

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns.

Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

The people in your 'hood

- **900,000 to 2.5 million.** The estimate of Americans living in Canada.

Just when you thought tax time was over. ISTOCK IMAGES

Bread-and-butter etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table? Rachel

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils 6-1 in Game 6 of the NHL finals Monday night in Los Angeles. MARK J. TERRILL/THE ASSOCIATED PRESS

Kings crowned Stanley Cup champions

NHL. L.A. clinches title after capitalizing on major penalty early in Game 6 of final

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993 illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Brodeur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant post-season.

Game 6

Kings	Devils
6	1

The Devils were shaken and their hopes of forcing a Game 7 were shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent. They couldn't maintain that level in the playoffs.

Carter added another goal in the second period while Adam Henrique got the Devils on the board just over a minute before the intermission. However, there was no doubting the outcome as the final 20 minutes ticked away and resignation started to settle in on the New Jersey bench.

As the big moment approached, cup keepers Craig Campbell and Phil Pritchard stood in the bowels of the Staples Center and readied themselves for action as the crowd above them alternated between derisive chants of "Maartty!" and "We want the cup!"

And the roar built steadily as the scoreboard neared zero. The roof nearly came off when Lewis hit an empty net at 16:15 and Matt Greene beat Brodeur over the glove just 15 seconds later. THE ASSOCIATED PRESS

MVP

Kings goalie Jonathan Quick was awarded the Conn Smythe Trophy as the playoff MVP after yielding just 29 goals in 20 playoff games en route to the franchise's first Stanley Cup.

- Quick allowed just seven goals in six games in the Stanley Cup final.
- Quick thoroughly dominated the playoffs, posting three shutouts.
- He stopped 125 of 132 shots in the final.

THE ASSOCIATED PRESS

Euro 2012. England and France trade goals in draw

England held on for a 1-1 draw with France on Monday at Euro 2012, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start, there was a bit of pressure that got to us, and then we got better actually after we conceded the goal — that's when we started playing."

England took the lead in the 30th minute when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

THE ASSOCIATED PRESS

France' Samir Nasri celebrates after scoring on Monday in Donetsk, Ukraine. GETTY IMAGES

Group D

Andriy Shevchenko trumped Zlatan Ibrahimovic on Monday, scoring two great headers to give Ukraine a 2-1 win over Sweden at the European Championship in Kyiv.

- After Ibrahimovic had given Sweden the lead in the 52nd minute, Shevchenko responded by heading in the equalizer just three minutes later and then added the winner in the 62nd.

4 SPORTS

MLB

"I want a ball called a ball and a strike called a strike. Figure out how to do it."

Boston Red Sox manager Bobby Valentine, who was still steamed about umpiring on Tuesday, a day after being ejected, and said technology should be used to eliminate human error in calling balls and strikes.

MLB

Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.

THE CANADIAN PRESS

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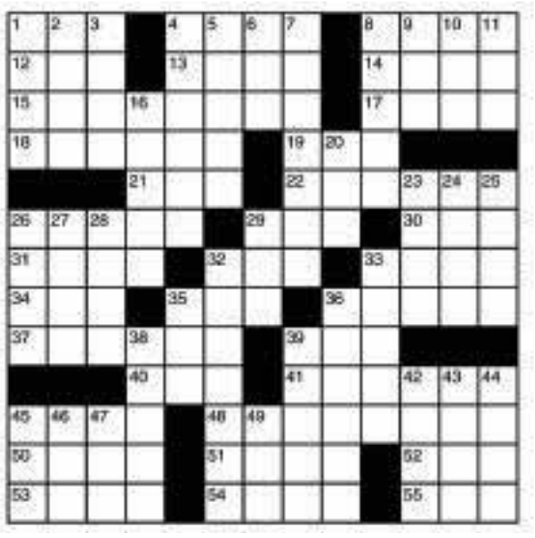
Crossword

Across

1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player
53 Competent
54 Burpee buy
55 Bribe

Down

1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally
42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort
46 Scepter topper
47 Be below par
49 Honor in verse



Sudoku

4				7				3
	2				4	7	1	
	6		5	8				
	1					5		
5		8				9		1
		2					4	
				3	6		2	
	3	6	9				5	
7				5				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	6	7	2	5	1	3	8
5	7	3	4	1	8	9	6	2
6	1	2	3	9	6	7	4	8
7	3	6	9	5	1	8	2	4
8	4	9	6	3	2	5	1	7
2	5	1	8	7	4	3	9	6
3	6	7	1	4	9	2	8	5
1	2	4	5	8	3	6	7	9
9	8	5	2	6	7	4	3	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH OUAP QH E TKKCQHS EWUE LQSOM YU TEAAUP M OU CQMTOUH MOQHC.

Yesterday's Cryptoquip: WHEN WILD ANIMALS ARE VERY MANNERLY, SHOULD YOU SAY THEY'RE ON THEIR BEAST BEHAVIOR?

Today's Cryptoquip Clue: Z equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. The planets warn that if you are not careful you could spend a fortune today.

Taurus | April 21 - May 21. Write your goals down on a piece of paper and look at them at odd moments throughout the day.

Gemini | May 22 - June 20. Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

Cancer | June 21 - July 22. Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

Leo | July 23 - Aug. 22. Follow your dreams wherever they may lead you, no matter how far that may be from where you are now.

Virgo | Aug. 23 - Sept. 22. It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

Libra | Sept. 23 - Oct. 22. Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

Scorpio | Oct. 23 - Nov. 21. Reach out to other people and help them feel good about themselves.

Sagittarius | Nov. 22 - Dec. 21. The problem you face today will require a certain amount of abstract thinking if you are going to solve it successfully.

Capricorn | Dec. 22 - Jan 20. Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

Aquarius | Jan. 21 - Feb 18. Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

Pisces | Feb. 19 - March 20. Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON

Caption Contest

"My mom says if I want to be cute I otter smile more."
Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Gillian Kernaghan,
President & CEO, St. Joseph's Health Care London

You're Invited to St. Joseph's Community Town Hall Meeting

Thursday, June 14, 4:30 pm

Parkwood Hospital's Auditorium

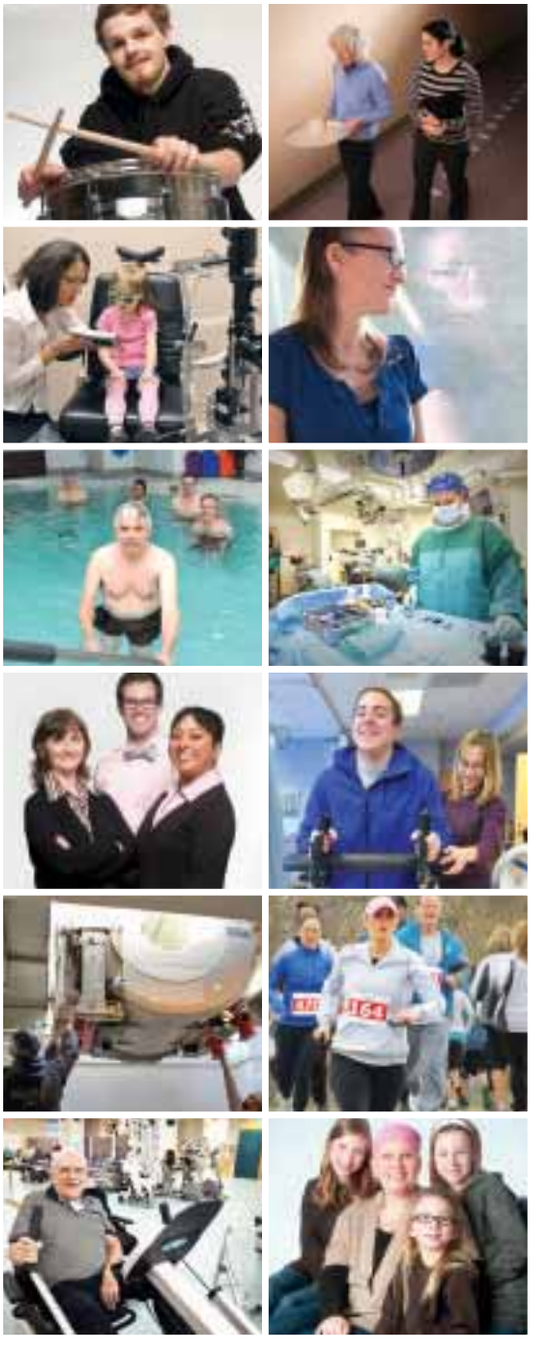
I hope you will join us to talk about our many accomplishments, our future, and most importantly, how we are accountable to you. I look forward to answering your questions and telling you how St. Joseph's is earning your complete confidence in the care we provide and how we are making a lasting difference in your quest to live life more fully.

RSVP by June 12

519 646-6034 comdept@sjhc.london.on.ca

Join the conversation online and watch the presentation live by going to **www.sjhc.london.on.ca/communitymeeting** or email your questions to **askgillian@sjhc.london.on.ca**

We have so many great stories to tell...



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